

The next two weeks we will be featuring Strawberries!

We all love strawberries in desserts, but you will have to wait until next week for those sweet recipes.

This week, we are showing that strawberries also have a savory side! Include this year's bounty by enjoying them in your main meal!

Strawberry French Toast Casserole

*Prep Time: 30 min.
Cook Time: 1 hr. 15 min.
Additional Time: 8 hrs.
Total Time: 9 hrs. 45 min.
Servings: 12*

12 slices home-style white bread, cut into 1-inch cubes, divided
2 (8 oz.) packages cold cream cheese, cut into 1-inch cubes
1-1/2 C. sliced strawberries
2 C. half-and-half
12 lg. eggs
1/3 C. pure maple syrup

Sauce:

1 C. white sugar
1 C. water
2 T. cornstarch
1 C. sliced fresh strawberries
1 T. butter

Generously grease a 9x13-inch baking dish.

Arrange half the bread cubes in the prepared baking dish. Evenly distribute cream cheese cubes over the bread cube layer; sprinkle 1-1/2 C. sliced strawberries atop cream cheese layer. Layer the remaining bread cubes over strawberry layer.

Pour half-and-half into a blender; pulse for a few seconds. Blend eggs into half-and-half until fully incorporated. Add maple syrup and blend until smooth. Pour mixture evenly over bread mixture. Cover the baking dish with aluminum foil and refrigerate 8 hours or overnight.

Remove baking dish from refrigerator 45 min. before baking.

Preheat the oven to 350°F.

Bake the covered casserole in the preheated oven for 30 min. Remove aluminum foil and continue baking until French toast is puffed and golden brown, about 30 more min.

Stir sugar, water, and cornstarch together in a small saucepan. Cook, stirring occasionally, over medium heat until mixture has thickened, about 5 minutes. Mix in 1 C. sliced strawberries; cook and stir until strawberries have softened, about 10 min. Add butter; stir until melted. Serve hot over French toast.

Fish Tacos with Berry Salsa

*Prep Time: 20 min.
Cook Time: 10 min.
Servings: 4*

1 C. chopped peeled jicama*
1 C. chopped strawberries
1 jalapeno pepper, seeded and finely chopped
3 T. minced fresh cilantro
2 T. lime juice
1/2 tsp. salt, divided
4 tilapia fillets (6 oz. each)
1/4 tsp. pepper
8 corn tortillas (6 inches)
1/2C. crumbled Cotija cheese

Preheat broiler. For salsa, in a small bowl, combine the first five ingredients; stir in 1/4 tsp. salt.

Place fillets on a foil-lined 15x10x1-in. baking pan; sprinkle with pepper and remaining salt. Broil 4-6 in. from heat 5-7 min. or until fish just begins to flake easily with a fork. Serve fish in tortillas with salsa and cheese. * Jicama is a starchy root vegetable. If unable to find, a substitute would be a turnip, water chestnut or radish.

Barbecued Strawberry Chicken

*Prep Time: 20 min.
Cook Time: 15 min.
Servings: 4*

2 T. canola oil
4 boneless skinless chicken breast halves (6 oz. each)
2T. butter
1/4 C. finely chopped red onion
1 C. barbecue sauce
2 T. brown sugar

2 T. balsamic vinegar
2 T. honey
1 C. sliced strawberries

Preheat oven to 350°. In a large ovenproof skillet, heat oil over medium-high heat. Brown chicken on both sides. Remove from pan. In same pan, heat butter over medium-high heat. Add onion; cook and stir until tender, about 1 min.

Stir in barbecue sauce, brown sugar, vinegar and honey. Bring to a boil. Reduce heat; simmer, uncovered, until thickened, 4-6 min. Return chicken to pan. Bake until a thermometer reads 165°, 12-15 min. Stir in strawberries.

Filet Mignon and Balsamic Strawberries

*Prep Time: 10 min.
Cook Time: 15 min.
Additional Time: 1 hr.
Total Time: 1 hr. 25 min.
Servings: 4*

2 C. strawberries, sliced
1/4 C. brown sugar
1/4 C. balsamic vinegar
1 T. olive oil
4 (6 oz.) filet mignon (beef tenderloin)
salt and pepper to taste
1 T. chilled butter
Freshly ground black pepper to taste

Mix together the strawberries, brown sugar, and balsamic vinegar in a bowl, and allow to sit for 1 to 3 hours, stirring occasionally.

Preheat an oven to 400°F.

Heat olive oil in an oven-safe, heavy steel or cast-iron skillet over high heat. Sprinkle the filets with salt and pepper on both sides, gently place in the hot skillet, and sear each side until well-browned, 1 to 2 min. per side. Slide the skillet into the preheated oven, and cook until they start to become firm and are reddish-pink and juicy in the center, about 10 min. An instant-read thermometer inserted into the center should read 130°F. Transfer the steaks to a platter, and tent with foil to rest.

Pour steak juices from the skillet into a small saucepan. Strain the strawberries and discard the liquid. Add the strawberries to the steak juices, bring the sauce to a simmer over medium-low heat, and melt the butter into the sauce, tilting the pan several times to gently incorporate the butter into the sauce. Serve each fillet topped with about 1/2 C. of strawberries and a sprinkle of freshly ground black pepper.

Pork Medallions with Garlic-Strawberry Sauce

*Prep Time: 15 min.
Cook Time: 10 min.
Servings: 4*

2 C. whole fresh strawberries
1/4 C. water
1 tsp. chicken bouillon granules
1/2 C. all-purpose flour
2 lg. eggs, lightly beaten
2/3 C. seasoned bread crumbs
1 pork tenderloin (1 lb.)
1/4 tsp. salt
1/4 tsp. pepper
6 T. butter, divided
1 tsp. minced garlic
Sliced fresh strawberries, optional

Place whole strawberries, water and bouillon in a food processor; process until blended. Place flour, eggs and bread crumbs in separate shallow bowls.

Cut pork into 1/2-in. slices; pound each with a meat mallet to 1/4-in. thickness. Sprinkle with salt and pepper. Dip pork in flour to coat both sides; shake off excess. Dip in eggs, then in crumbs, patting to adhere.

In a large skillet, heat 2 T. butter over medium-high heat. Add pork; cook until tender, 2-3 min. per side. Remove from pan; keep warm.

In same pan, saute garlic in remaining butter 1 min. Stir in strawberry mixture; heat through. Serve pork with sauce; if desired, top with sliced strawberries.

Strawberry Pasta Salad

*Prep Time: 20 min.
Cook Time: 15 min.
Servings: 12*

1/2 lb. uncooked mini farfalle or other bow tie pasta
1/2 C. lemon yogurt
1/4 C. canola oil

2 T. lemon juice
1/2 tsp. sea salt
1/8 tsp. cayenne pepper
1 green onion, thinly sliced
2 T. crystallized ginger, finely chopped
1 T. pickled jalapeno slices, finely chopped
1 lb. fresh strawberries, quartered
1/4 C. slivered almonds, toasted
Toasted sweetened shredded coconut and small fresh mint leaves, optional

Cook pasta according to package directions. Drain pasta; rinse with cold water and drain well.
In a large bowl, whisk yogurt, oil, lemon juice, salt and cayenne until blended; stir in green onion, ginger and jalapeno. Add pasta and toss to coat.
Refrigerate, covered, until serving. Stir in strawberries and sprinkle with almonds just before serving. If desired, sprinkle with coconut and mint.

Grilled Chicken Salad with Strawberries and Avocado

*Prep Time: 15 min.
Cook Time: 10 min.
Additional Time: 1 hr. 10 min.
Total Time: 1 hr. 35 min.
Servings: 4*

Poppy Seed Dressing:

1/2 C. olive oil
1/4 C. cider vinegar
2 T. honey
2 tsp. white sugar
1-1/2 tsp. poppy seeds
1/2 tsp. salt
1/2 tsp. ground dry mustard
1/2 tsp. grated onion

Marinade:

1/4 C. Italian-style salad dressing
3 T. teriyaki sauce
2 med. boneless chicken breasts

Salad Ingredients:

2 C. baby spinach, torn into bite-sized pieces
2 C. torn romaine lettuce
2 C. hulled and sliced strawberries
1 ripe but firm avocado, pitted and sliced into bite-sized pieces
1/2 C. toasted pecans

Combine olive oil, vinegar, honey, sugar, poppy seeds, salt, mustard, and grated onion in a blender. Transfer dressing to a bowl or jar and refrigerate at least 1 hour before serving.
Combine Italian dressing and teriyaki sauce in a sealable container and add chicken. Seal and marinate at least 30 minutes to 1 hour before grilling.
Preheat an outdoor grill for medium heat and lightly oil the grate.
Remove chicken from marinade and grill until juices run clear, 5 to 8 min. per side. Remove from heat, let cool about 10 min., and cut into bite-sized pieces.
Toss grilled chicken, spinach, and romaine lettuce together in a large serving bowl. Gently stir in strawberries and avocado. Refrigerate until ready to serve.
Top salad with dressing and pecans when serving.

Easy Strawberry Vinaigrette

*Prep Time: 10 min.
Total Time: 10 min.
Servings: 7*

8 oz. frozen strawberries
2 T. honey
2 T. apple cider vinegar
2 T. olive oil
1/4 tsp. salt
1/4 tsp. ground black pepper

Blend strawberries, honey, apple cider vinegar, olive oil, salt, and black pepper together in a blender until smooth.

Quote of the Week:

“We take the stars from heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white stripes shall go down to posterity, representing our liberty.”

~ Xavier University